



Learn Right, Bee Bright

'Tis the Season to Be Healthy...



CNP Update

Luann Shipley—Child Nutrition Director

It's hard to believe the holidays are almost here! We've made a number of changes in Child Nutrition Programs this year. We have a new Assistant Director of Finance, Fred Johnson. He replaces longtime employee and now retiree Camile Barnes. This is the second year of using CNPweb for the claim process, and Fred is looking at ways to add the Fresh Fruit & Vegetable claim to the process. Now that FFVP is a permanent program, it makes sense to update CNPweb to accommodate the change. We continue to look for ways to streamline the reporting requirements by adding enhancements to CNPweb. Next year, look for the racial and ethnic survey to be added to the October survey information.

We encourage you to look for ways to integrate your district wellness policy into school meals, and to update the policy regularly. The wellness policy can be helpful when trying to eliminate school vending or modify the types of foods offered in the machines.

Have a great holiday season! We hope you take some time to enjoy this beautiful time of the year!

Institute of Medicine

Charlene Allert—Child Nutrition Assistant Director

The Institute of Medicine has issued a report stating the recommended changes to school meals. It normally takes a long time for such changes to be translated into regulation and guidance, but schools can start to prepare for the changes now by offering more whole grains, fruits and vegetables in school meals. The Dietary Guidelines for Americans update in 2005 suggested these changes, and with the Institute of Medicine's recommendations, it seems clear that the change will be made in time. Beginning to make the changes now will allow plenty of time for students to become accustomed to new tastes.

We continue to see updates from USDA regarding purchasing procedures. Be sure to maintain paperwork that shows the district allowed maximum free and open competition for school meals purchases. If you are using a vendor to process commodities for the district *after* they are delivered to you, be sure you maintain end product paperwork that shows the amount of commodities used in the final product. Maintaining this paperwork helps to assure you receive the full value of the commodities sent to the vendor. If you process commodities *before* they arrive at your school, our office monitors the schedules. If you have questions, ask your specialist for help.

Winter Conference 2010

Nicole Vance—Specialist

Winter Conference 2010 is quickly approaching. Make plans now to attend this year's conference.

We are in the planning stages, but be ready for a great location, delicious food, outrageous games and activities, captivating speakers, and the always-entertaining USOE staff.

Conference information will be e-mailed and posted on the CNP website at

<http://www.schools.utah.gov/cnp>.

Call and book your rooms today; make sure to get the state rate!

Winter Conference • February 22-25
Courtyard by Marriott • 185 S 1470 E
St. George, UT 84790 • 435-986-0555



Issue Highlights:

- ♦ IOM Report
- ♦ Winter Conference
- ♦ Good things in Utah
- ♦ H1N1 in Utah
- ♦ Got Grants?
- ♦ USDA Foods



This year specialists from the State Office joined School Nutrition Association members around the state to promote the message “Talk the Walk.” What exactly does this mean? When out and about, state agents often see things in child nutrition programs that are worth bragging about. Oftentimes these things remain unknown until the media picks up on a negative story about school lunch. It is then that programs try to counteract what has been said, making the programs appear defensive. So the message “Talk the Walk” was meant to encourage all of you to go ahead and brag!

Homemade...fresh...more fiber...less processed...baked! These are a few of the words taken from local articles that have been used to describe school lunch. Since the beginning of the school year, there has been a flurry of attention given

to various schools around the state.

Canyons School District topped the charts with three noteworthy news bits, discussing its integration of new and interesting school food choices, such as mashed cauliflower and parsnips. The cauliflower has been well accepted, according to Sebastian Varas. “Parents call all the time for the recipe and say their kids love it.” That is good news!

When asked who was responsible for initiating the contact with the media, Sebastian stated that the district has a communications department that coordinates the contacts with the press and helps departments to generate stories.

Jordan District received good press in the past month for Sunset Ridge Middle School activities. Channel 2 (KUTV) and Fox13 (KSTU) ran stories focusing on

healthy changes being implemented in school meals. Cache County received attention for its introduction of new, healthier recipes and assessment by a dietetic intern at Utah State University. And lastly, Excelsior Academy, a new charter school in Tooele, received kudos for its home-cooked meals.

The “Talk the Walk” message began with an interview of a Salt Lake City kitchen manager on radio station X96. She did a great job highlighting the positive elements of school lunch.

A shout out to all of you who stood up and got your names out there. Keep it up! You deserve to have your stories heard, and it is our hope that seeing the names in the media will encourage others to BRAG about what you do.

H1N1 in Utah

Charlene Allert—Assistant Director

You’ve probably heard data regarding the prevalence of H1N1, or Swine Flu, in Utah. H1N1, just like other strains of influenza, is serious. Since the start of “flu season” on September 1, there have been over 404 influenza-associated hospitalizations, and 12 deaths reported in Utah.

So what can you do? Think about what the plans are if the school is closed due to an outbreak of the flu. There is a waiver available under which the school can continue to serve meals to students. This is primarily designed to assure that children who normally receive free or reduced-price meals will continue to be fed.

The school will need to think about how meals can be distributed to these students. In this time of economic downturn, many families find the meal their children receive at school to be a lifesaver. Family budgets are stretched, and the meals provide good nutrition for the children.

A waiver form was sent to all local educational agencies. Get a head start on plans for dealing with school closures by taking a look at the waiver form. Once the form is completed, fax it into your specialist to assure it is on



file in our office if needed. Then if school is dismissed and the school decides to offer meals to children, the plan can be activated by calling the specialist and asking to have the site put on H1N1 waiver. The site will be created on CNPweb, as a separate H1N1 site. Just enter the information needed on CNPweb, and once the site is approved the meals may be claimed.

If you have any questions regarding these procedures or need help completing the waiver, just ask your specialist for help.

Fresh Fruit and Vegetable Program

Nicole Vance—Specialist

The Fresh Fruit and Vegetable Program (FFVP) got a great start this year! We have 29 schools introducing their students to new and exciting fruits and veggies.

In South Sanpete School District, Gunnison Valley Elementary had a great time tasting peppers of all colors and a variety of tomatoes, some of which they had never seen before. Then they ate salsa made with the



vegetables they tasted.

Salt Lake School District has been serving fruits and veggies that may be new to students. The kids enjoy learning about and tasting red pears, mangoes, and persimmons. In addition to serving fruits and veggies, they’ve got information on their website. Check out what they have done at <http://www.slk.k12.ut.us/depts/foodsvcs/>

[freshprogram/](#) for recipes, fact sheets, activities, and more!

Interested in operating the FFVP? Stay tuned for more information about the application process for the 2010-2011 school year, which will begin soon.

Got Grants?

Kim Loveland – Specialist

Grants are a great way to generate funds to help boost a start-up program, create increased participation opportunities, or enhance your current Child Nutrition Program.

If you are not familiar with the grant process, there are many resources available online. Try the Foundation Center for web-based seminars and grant information at www.foundationcenter.org.

A variety of grants are offered by food companies and health and wellness organizations. Grant opportunities may be found online at the School Nutrition Association website and specific food company websites.

Here are some grants that are currently open. The Silent Hero Grant application will be available online on February 1, 2010. This grant is sponsored by the "Got Breakfast?" organization and is for schools and nonprofit organizations sponsoring the Summer Food Service Program that are looking to expand their breakfast program. For more information log onto their website at <http://gotbreakfast.org/grants.php>.

January 15 is the online application due date for the Champions for Healthy Kids Grant. This grant is available to non-profit organizations, health departments, government agencies, and Native American tribes. General Mills Foundation, with the American Dietetic Association and the President's Council on Physical Fitness, sponsor this grant. Since 2002, the Gen-

eral Mills Foundation awards up to \$10,000 per grant to help youth adopt healthy diet and physical fitness habits.

You may have heard of the Share Our Strength Great American Bake Sale" on television, but did you know grants are available to sponsors and advocates of USDA Child Nutrition Programs to help increase participation? The Great American Bake Sale grants program supports efforts to increase participation among low-income children in summer and after-school meal programs. Online grant applications are available June 1-September 30. Grant awards typically range from \$1,000 to \$10,000. To learn more go to www.greatamericanbakesale.org/grants.



USDA Foods Update

Barbie Faust—FDP Specialist

USDA FOODS COMMUNICATION INITIATIVE

USDA Foods have dramatically improved over the last decade, but public opinion has not kept pace. USDA's web site includes a collection of valuable resources to assist School Nutrition Professionals to educate students, school staff, and the community about the healthy and nutritious contributions that USDA Foods provide to school meal programs. You will begin to notice that commodities will be referred to as USDA Foods instead of commodities. <http://www.fns.usda.gov/fdd/commodityfoodfacts.htm>

USDA FOOD ALERT SYSTEM



Food Safety is an important aspect of the USDA nutrition programs. To ensure that receive the information in the most timely fashion, they have made it possible for users to self-register for email notifications of potential commodity food safety events. This service can be individually customized to meet your needs. For step-by-step instructions, go to

<https://www.envoyprofiles.com/USDA-ALERTS/>

- ♦ **SY 2011 Survey Request** 12/18/09
- ♦ **January Food Order** 01/03/10
- ♦ **February Food Order** 01/24/10
- ♦ **March Food Order** 02/28/10
- ♦ **April Food Order** 04/11/10
- ♦ **Annual Storage Facility Self-Evaluation** 06/30/10



Welcome



Fred Johnson is the new Assistant Director of Finance. He has a Bachelor of Arts degree in accounting and a master's in business administration with emphasis in finance. He supervises the commodities, claims, computer support and office specialists in Child Nutrition and commutes from Ogden daily (he is a skier and if he's not here after a good snowfall, he hopes you'll understand).

Upcoming Events

- February—American Heart Month
- February 1—Site monitoring due
- February 15—Verification re-applications report complete
- February 22-25—CNP Winter Conference
- March—National Nutrition Month
- March 1— Verification summary due
- March—LAC, Washington, D.C.
- March 8-12—National School Breakfast Week

“Promote the nutritional well-being of the Utah public, with a focus on children, so they may reach their full potential.”



**UTAH STATE OFFICE OF
EDUCATION
250 E 500 S
PO BOX 144200
SALT LAKE CITY, UT 84114-
4200**

**LARRY K. SHUMWAY, ED.D.
STATE SUPERINTENDENT OF
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**CHILD NUTRITION PROGRAMS
WWW.SCHOOLS.UTAH.GOV/CNP**

Submissions, suggestions, and comments are welcome.

Canyons School District MASHED CAULIFLOWER

Servings: 4

1/8 tsp. salt
1/8 tsp. pepper
1/2 Tbsp margarine
1 1/8 lb. raw cauliflower heads
1/8 cup milk (1%)

Steam cauliflower until soft. Puree in mixer, adding margarine and milk. Add the salt and pepper. Hold at 135 degrees while serving.

HACCP: Same-day service; wash cauliflower thoroughly.
Courtesy of Sebastian Varas (Canyons School District)

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**UTAH STATE OFFICE OF EDUCATION
CHILD NUTRITION PROGRAMS
250 E 500 S
PO Box 144200
Salt Lake City, UT 84114-4200**